

# Front Street **FITNESS**

POWERED BY OHIOHEALTH

CITY EMPLOYEE FITNESS CENTER

## Fitness Feature

Check out our **On-Demand** Fitness & Wellness Showcase  
(*link in group fitness schedule*)

Looking for a specific class,  
format, or instructor?

Use the search bar in the top  
right corner and filter to find  
the class for you!

Check out the top result  
from our search below!

 Interval



Short on time over the holidays? We understand! **20 minutes** is all you need. Megan and Tyler will lead you through a fun and challenging Interval workout!

[Click here!](#)

*Password: Strength*

FRONT STREET FITNESS  
*Powered by OhioHealth*

Open Daily  
5:00 AM – 8:00 PM  
614-645-3979  
FSFitness@columbus.gov



## 40 Days to a Healthier You

**Tuesdays, Nov 15 – Dec 20**

**12-12:30pm**

This 6-week program is available to all City employees! Expect:

Weekly 30 minute virtual group educational sessions with OhioHealth Exercise Physiologists on nutrition, emotional well-being, and physical wellness!

Each participant will receive a fillable PDF journal consisting of helpful tips, plus space to reflect on each day's successes or challenges. [Register here!](#)

## Live Virtual Education with Megan & Tyler!

### ***Power of Positivity***

**Wednesday, Nov 30**

**12p-1pm**

Learn the science behind gratitude and how it can help during times of challenge. You will be led through a 5 minute guided meditation and learn other resources that will enhance your gratitude practice.

[Register here!](#)